

FOUNTAIN HILLS

# activity guide



## HAPPY HEARTS

CPR/AED for the Community  
and Workplace



## SIT DOWN AND ENJOY

Armchair Travelogue



## UPCOMING EVENTS

Mark your calendar



## WELL, WELL, WELL

Dining for Wellness with  
Chef Matt



## WILD ART WEDNESDAY

Bring your creativity

IN THE

# loop

august**2012**

**TOWN OF FOUNTAIN HILLS** The height of desert living



Community Services Staff

**Director**  
Mark Mayer (480) 816-5190  
Nancy Walter, Executive Assistant (480) 816-5148

**Recreation**  
Bryan Hughes, Supervisor (480) 816-5135  
Anjelica Giardino, Coordinator (480) 816-5132  
Kathy Worrell, Coordinator (480) 816-5170

**Parks**  
Don Clark, Supervisor (480) 816-5178  
Chance Butterfield, Parks Lead  
Bo Cichuniec, Parks Lead  
Wes Loyet, Groundskeeper

Phil McKenzie, Groundskeeper  
Eric Smyth, Groundskeeper

**Community Center**  
Rino Ghetty, Events Coordinator (480) 816-5116  
Bill Haughey, Operations Coordinator (480) 816-5188  
Dominick LaBate, Customer Service Rep (480) 816-5200  
Susan Phillips, Customer Service Rep (480) 816-5200

**Senior Services**  
Kelley Fonville, Supervisor (480) 816-5186  
Nita Blose, Home Delivered Meals (480) 816-5226  
Marti Lemieux, Activities Coordinator (480) 816-5228  
Lori Dunn, Activities Assistant (480) 816-5227

Educational/Wellness

CPR/AED for the Community and Workplace

This course trains individuals to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in children or adults. Classes cover adult, child and infant CPR; the use of an Automated External Defibrillator (AED), and first aid for choking. The Fountain Hills Fire Department provides certified CPR instructors.

| Class | Day | Date   | Time   | Fee  |
|-------|-----|--------|--------|------|
| 6077  | Sat | Aug 11 | 9 a.m. | \$30 |

**Age:** 14 years and up  
**Location:** Community Center  
**Instructor:** Capt. Boyer or Capt. Brunnin



NEW this summer for kids!!

Wild Art Wednesday

Participants will enjoy a different activity and project each class. All levels are welcome, ages 2 – 6 years old; as well as older and younger siblings - so sign them up too! Everyone will have fun getting messy and making creative take-home projects. Each child must be accompanied by an adult. Fee includes all supplies and materials. Pre-registration is required.

| Class | Day | Date  | Time      | Fee        |
|-------|-----|-------|-----------|------------|
| 6134  | Wed | Aug 8 | 9-10 a.m. | \$10/class |

**Age:** 2 to 6 years old  
**Location:** Community Center – Art Room  
**Instructor:** Kathy Worrell



Toddler Activities

Toddler Tumbling

This non-competitive class especially for toddlers is designed to capture movement, drama, gain confidence, balance, motor skills, and improve self esteem together in a social group setting. Bean bags, tumbling mats, rhythm sticks, mats, hoops, tunnels, balls and balance beams are some of the things that will encourage your 'tuff kid' to get on the move. Parents are welcome to stay but need not be present.

| Class | Level/Age                     | Day       | Date       | Time           | Fee  |
|-------|-------------------------------|-----------|------------|----------------|------|
| 6117  | Move & Groove<br>18-36 months | Mon/Thurs | Aug. 12-22 | 9:00-9:45 a.m. | \$28 |
| 6120  | Mighty Movement<br>3-5 years  | Mon/Thurs | Aug 13-22  | 10-10:45 a.m.  | \$28 |

**Age:** 18 months to 5 years  
**Location:** Community Center  
**Instructor:** Kathy Worrell



Teen Activities

Skateland

Aug. 1, 4:30 p.m.-8 p.m.  
This fun-filled trip to Skateland will have everyone moving to the beat, with skates on their feet! This trip includes admission, skate rental, a hot dog dinner, drink and a glowing souvenir. Bus leaves at 4:30 p.m. from Fountain Hills Middle School. Parents must pick up promptly at 8 p.m. Open to the first 30 teens, entering 5-8 grades, to register. The trip is **FREE\*** but pre-registration is required! **Course #6106**



Fine Arts & Craft Show  
SEPT. 1-2

“In the Orchard” • Sat - Sun 9-5 • Free Admission

Portion of proceeds to benefit the White Mountain Humane Society.  
We will be accepting donations of pet food & funds at the show.

1701 E. White Mtn. Blvd., Pinetop

A DIXIE GREEN PROMOTION

In The Loop is distributed monthly in



Serving Fountain Hills,  
Northeast Scottsdale,  
Verde Communities & Fort McDowell



# Upcoming Special Events

SAVE THE DATE!

## Ballet under the Stars

Thursday, Sept. 20  
7 p.m.  
Fountain Park

Spend a relaxing evening under the gorgeous Arizona sky as Ballet Arizona continues its annual season opening tradition with "Ballet under the Stars". Bring the entire family and enjoy a combination of classical and contemporary works in a casual setting for FREE.

"Ballet under the Stars" performances often feature the debut performance of works created as part of our "Class Act" program.

## Movie in the Park

Saturday, Sept. 22  
7 p.m.  
Fountain Park

### Dr. Seuss' The Lorax

This animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. **FREE ADMISSION!**



## Homecoming Parade

Wednesday, Sept. 26  
5:30 p.m.  
Avenue of the Fountains



## Oktoberfest

Friday & Saturday, Sept. 28-29  
5-10 p.m.  
Fountain Park

Join us for an authentic German **Oktoberfest** celebration. Food and beverages include bratwurst, sauerkraut, potato salad, and strudel, along with Warsteiner beer, wine, water and soft drinks available for purchase. Entertainment will be provided by the band "die echten Wald-Baum" direct from Germany. Additional activities include a designated children's area with inflatable bouncers, contests, dachshund races, raffle prizes, and more; providing something for the whole family to enjoy. Find us on Facebook!—

### Fountain Hills Oktoberfest

Presented by the Southwest German Society, AMVETS Post 7, and the Fountain Hills Elks Lodge #2846 and the Town of Fountain Hills.



## Fountain Hills Community Center

### Upcoming Arts Shows

August  
Fountain Hills Artists Gallery

### Upcoming Public Events

L. Alan Cruikshank River of Time Museum - Italian Dinner and Auction  
Saturday, Aug. 25

Closed for Labor Day  
Sept. 3

## Seniors and Boomers Programs

### Special Presentations

These presentations are educational, cultural and/or health-related.

### Armchair Travelogue- monthly program

Wednesday, Aug. 15; 9-10:30 a.m. — Native Americans, Then and Now.

This travelogue slide show will cover the history and culture of the Native American people of the southwest. No registration necessary. Senior Center Membership is required

### Special Presentations & Events

| Course            | Day | Date | Time        | Cost                        |
|-------------------|-----|------|-------------|-----------------------------|
| Health Screenings | Wed | 8/29 | 9 a.m.-noon | Free<br>Open to the public. |

Cholesterol, diabetes, blood pressure check, body mass index, waist circumference measuring, and professional counseling. Sign-up for a time slot in the Activity Center.

### AARP Defensive Safe Driving Class

|      |      |                  |                                      |
|------|------|------------------|--------------------------------------|
| Tues | 9/11 | 8:30 a.m.-1 p.m. | \$12-AARP member;<br>\$14 non-member |
|------|------|------------------|--------------------------------------|

Learn new defensive driving techniques and more road awareness. Check with your insurance agent. You may be able to receive a discount for this class. Fee payable to the instructor by check only. Pre-registration required. Course #6095

### Medicare and Benefits

|                                   |     |      |          |                            |
|-----------------------------------|-----|------|----------|----------------------------|
| Presented by Area Agency on Aging | Thu | 9/20 | 1-2 p.m. | Free<br>Open to the public |
|-----------------------------------|-----|------|----------|----------------------------|

Learn about the right benefits for you. Pre-registration required. Course #6098.

### Dining for Wellness

|     |      |                       |                     |
|-----|------|-----------------------|---------------------|
| Mon | 9/10 | 11:30 a.m.-12:30 p.m. | Membership required |
|-----|------|-----------------------|---------------------|

Chef Matt of Fountain View Village will prepare simple foods that are "heart healthy." Pre-registration required. Course #6145.

This year, The L. Alan Cruikshank River of Time Museum is marking the end of summer with an Italian Dinner.

**Saturday, Aug. 25, 5 p.m.**

Fountain Hills Community Center

*Join us for great food, silent and live auctions (with great auction items)  
and music by Don Young's unknown Associates Band*

Tickets: \$15/two for \$25; kids 10 and under, \$5. Available at  
The River of Time Museum, Gridleys of Fountain Hills, Sami Fine Jewelry,  
Fountain Fashions, CSI Printing and The Fountain Hills Times

**All proceeds benefit the L. Alan Cruikshank River of Time Museum  
12901 LaMontana Dr. • Fountain Hills, AZ • (480) 837-2612**



## Mission Statement

The mission of the Fountain Hills Community Services Department is to provide exceptional customer service to enhance the quality of life by providing and maintaining safe, available, and accessible parks and facilities, recreation programs, events, and services that will meet the intellectual, social, cultural, and leisure needs of all residents.

## Parks and Facilities

### Facilities & Hours of Operation

#### Community Services

##### @ Town Hall

16705 E. Avenue of the Fountains  
Monday-Thursday – 7:00 a.m. to 6:00 p.m.  
480-816-5151

##### Community Center

13001 N. La Montana Drive  
Monday-Friday - 8:00 a.m. to 5:00 p.m.  
480-816-5200

##### Senior & Boomers @

##### the Community Center

13001 N. La Montana Drive  
Monday-Friday – 9 a.m. to 4 p.m.  
480-816-5226

##### Fountain Park

12925 N. Saguaro Blvd.  
Sunrise to Sunset

##### Golden Eagle Park

15900 E. Golden Eagle Blvd.  
6 a.m. to 11 p.m.

##### Four Peaks Park

14825 N. Del Cambre Avenue  
6 a.m. to 11 p.m.

##### Desert Vista Park

11800 N. Desert Vista  
6 a.m. to 11 p.m.  
Dog Park – 6:00 a.m. to 9:00 p.m.  
Skate Park – 7 a.m. to Sunset

##### Desert Botanical Garden

11300 N. Fountain Hills Blvd.  
Sunrise to Sunset

##### McDowell Mountain Preserve

Golden Eagle Trailhead  
Sunrise to Sunset

## Do You Have An Idea For A New Program? Tell Us About It!

The Community Services staff is constantly striving to provide programs that “meet the intellectual, cultural, fitness, and leisure needs of all residents.” If there is a recreational program that you would like to see offered, contact Community Services at 816-5151 or parksrec@fh.az.gov.

### Program Refunds

- A FULL refund is granted when Community Services cancels any program.
- NO refunds will be granted after the start of a program except for medical reasons or relocation out of the area.
- NO refunds will be granted for trips or team sports leagues unless the spot can be filled.
- A \$10.00 administrative fee will be charged against ALL refunds to cover administrative costs. There are no administrative fees charged when the program is cancelled by Community Services.
- Credit card refunds are issued back to the card used for payment.
- Refund processing takes four to six weeks.

### Facility Refunds

- A FULL refund will be made if Community Services cancels the rental.
- In the event of inclement weather, the responsible party may re-schedule the rental at a later date.
- All changes to reservations need to be made at least 24 hours in advance. All changes to weekend reservations need to be made by the Thursday prior to the reservation.
- Refund processing takes four to six weeks.

For more detailed information on Community Services refund policies, call 480-816-5151.

# Register Online

With online registration you are able to browse for classes and programs offered and register for them with secure payment options.

Online registration is available 24 hours a day!

Visit [www.fh.az.gov/recreation](http://www.fh.az.gov/recreation) today

### How do I get started?

Simply contact our Customer Service Representatives at [registration@fh.az.gov](mailto:registration@fh.az.gov) or 480-816-5151 to request your Personal ID Number and your Account PIN Number.



### How do I know what programs are available online?

When browsing programs online, registration availability will be indicated.

### If I register online, will I know if I get into a program right away?

Yes, the registrations are in “real time”. If a program has an opening, when you complete your registration you will be registered, and you will receive confirmation that your registration has been received. If a program is closed, you will be able to sign up online to be on the waitlist.

### Do I have to register online?

No, we will still take registrations at Town Hall or the Community Center via fax, mail or in person.

## Experience the Benefits of

## Chiropractic Care

**Now Offering Monthly Wellness Programs for you or your whole family!**

### Monthly Maintenance Plan

- \$49 per month
- One scheduled visit per week
- Additional scheduled visits \$25 each
- Additional walk-in visits \$29 each

### Monthly Family Plan

- 2 family members \$89 per month
- 3 family members \$119 per month
- 4 (+) family members \$129 per month

Limited to the first 50 people. Expires 8/30/12

**Acupuncture Also Available - Call for Details**

## Whole Health Chiropractic

13215 N. Verde River Drive, Suite 4 • Fountain Hills

**480-837-5988**



Dr. Matthew Teusink

## Fight Fatigue & Boost Mood

**Buy 2 B-12 Shots**

**Get One *FREE***

Reg price \$20 each / exp 8/31/12



**Walk-Ins Tuesdays & Thursdays 10-2**

**480-837-0900**

**Fountain Hills Naturopathic Medicine**

**Dr. Nicole Sundene**

**16719 E. Palisades Blvd., #205 • Fountain Hills, AZ 85268**

**[www.FHNaturopathic.com](http://www.FHNaturopathic.com)**

